

**Amendments to the Specification:**

Please replace the paragraph beginning on page 13 line 19 with the following amended paragraph:

-- With reference to Figure 1 a housing as at [[76]] 77 includes a resistance exerting mechanism (not shown for purposes of clarity) which may take a variety of different configurations and be cooperatively structured with the resistance mechanism or roller 73 to provide the aforementioned movement restricting force on the line 70 during its reciprocal movement. Further the resistance exerting device within the housing [[76]] 77 is adjustable by means of operative positioning of a lever [[78]] 79. Depending upon the orientation of the lever [[78]] 79 a selective amount of resistance will be placed on the line 70. The user is thereby capable of adjusting the force required to reciprocally move the hand grips 40 and 42 over their intended linear paths along the track segments 18 and 20. A variety of different resistance exerting devices may be enclosed within the housing [[76]] 77. Such devices may include friction engaging devices, gear assemblies other hydraulic or mechanical operative devices known in the art. Such devices are cooperatively structured with the pulley 72 to vary the amount of restrictive force placed on the line 70 and required to reciprocally move the hand grips 40 and 42 in the manner described.